## Dr. Charles T. Lunsford School #19 RECESS PROGRAM April 2017

**Recess Update!** 

At least 30 minutes of play everyday

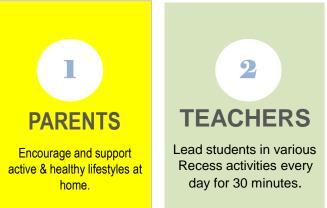
### Gardening for Health: Plant the seeds of health by growing your own food.

Our third graders our laying the ground work for our school garden. Watch our healthy snacks grow... cucumbers, carrots, beets, radish and collards.....Yummy!



### **Star Parent:** Jason Harris Sr.

Thank you for supporting our KBA Basketball Program & Open Gym



ALLIES Use skills & abilities to inspire students to be healthy leaders of their own communities!

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COMMUNITY

Everything You Eat & Drink Matters – Focus on Variety, Amount, and Nutrition

What and how much you eat and drink, along with regular physical activity, can help you manage your weight and lower your risk of disease.



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## **Upcoming Events**

Open Gym Mondays Wednesdays and Fridays from 8-9am

Walking and Rolling Wednesdays 8:15am - 9am , Walk or Bike with us every Wednesday April 28<sup>th</sup> Daddy Daughter Dance

- April 28<sup>th</sup> MCC Summer Camp Enrollment. For an application contact the main office.
- May 10<sup>th</sup> Roller Skating Activity

May – June Student Cooking Matters Six Week Course.

Wednesdays

## **Eagles Fitness Club**



April 5<sup>th</sup> – June 14<sup>th</sup> Every Wednesday 8:15am-9:00am Meet us in the Gym

Stroll along our Eagle's Indoor/Outdoor Walking Path Or ride on our stationary bikes or cycle outdoors.

# Recess Rules

## 1. Respect The Game 2.Play Hard 3. Have Fun

As the weather breaks, let's be sure to enjoy outdoor recess activities. A system is in play for recess every day. Teachers should be leading recess. We will maintain a recess coach to assist with our recess plan till the end of the school year.



TEACHERS , just a reminder, your monthly activity logs are to be done electronically . Please track activity for one week and submit your log. If you have any questions or need assistance, please contact Mrs. Brown

VOLUNTEERS are wanted for our school activities. Make time to make a difference. Contact our school office or ext. 3020

#### Thank you for supporting Recess!

Recess Team: Room 122E ext. 1225 Program Coordinator: Jackqulyn Snowden Brown



### #19 SCHOOL RECESS PROGRAM

APRIL 2017

# School #19 on the move with nutrition and physical activities





